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Wednesday

STEPHAN SAVOIA/AP

Bernanke received Obama's backing on Tuesday.

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Deadliest Year: Afghan war hits somber milestone | 6

Lettuce Eat: Bowl 'em over with new spins on the salad | 27

lookout

Round Two: Colbie Caillat puts pen to paper for a second album. Plus, Oprah preps for a book endorsement.

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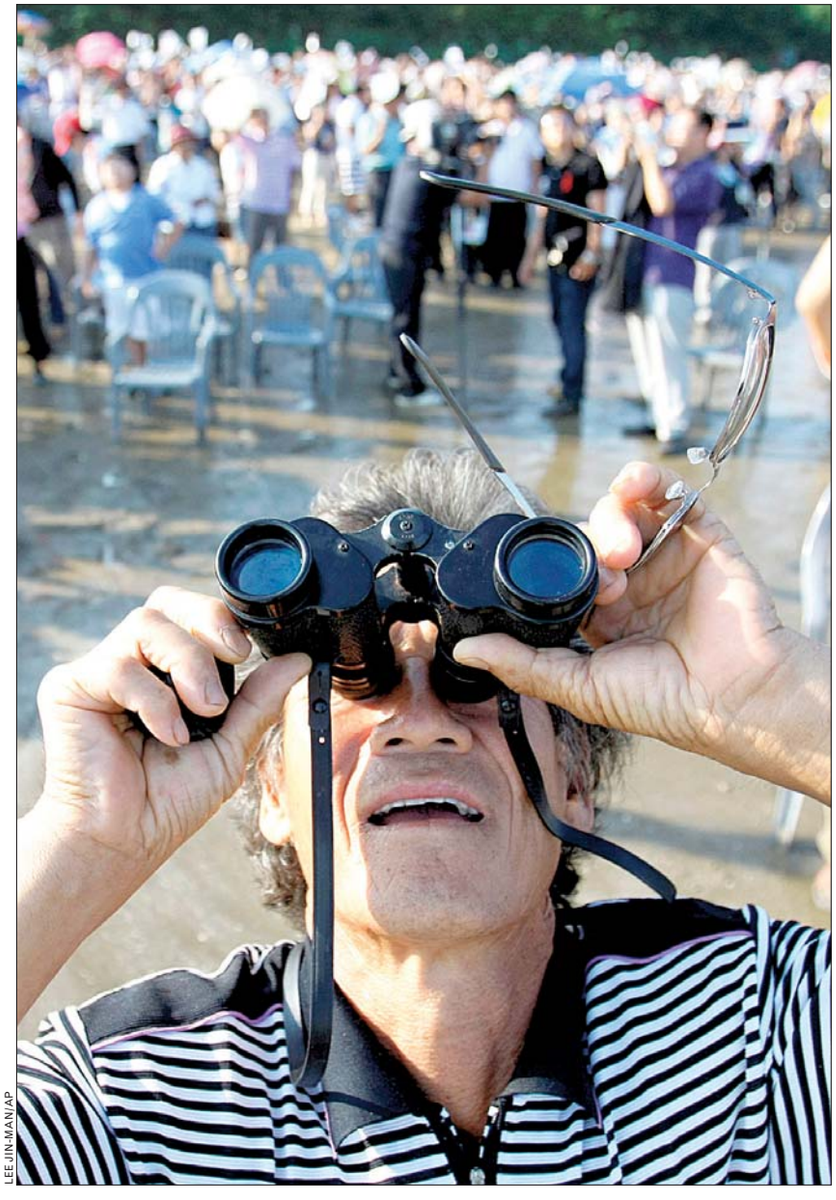

LEE JIN-MAN/AP

S. Korea's High Hopes Fall Short

EYES ON THE SKY: A man watches as South Korea launches its first rocket into space Tuesday. Despite the initial success of takeoff, which occurred after an aborted attempt last week and one month after rival North Korea's launch, it was a flawed mission because the rocket failed to send a satellite into orbit. The failure dealt a blow to Seoul's hopes of becoming a regional space power.

Forecast: Deficit to Hit $1.6T

National debt could equal three-quarters of economy

WASHINGTON | In a chilling forecast, the White House is predicting a 10-year federal deficit of $9 trillion — more than the sum of all previous deficits since America's founding. And it says by the next decade's end the national debt will equal three-quarters of the entire U.S. economy.

The grim news — with White House and congressional predictions saying the budget deficit this year would swell to nearly $1.6 trillion, a record — presents Obama with both immediate and longer-term challenges.

FALLING DOWN

White House and congressional budget analysts said in new estimates that the economy will shrink by 2.5 to 2.8 percent this year even as it begins to climb out of the recession.

The still fragile economy cannot afford deficit-fighting cures such as spending cuts or tax increases. But nervous holders of U.S. debt could demand interest rate increases that would quickly be felt by American consumers even as the president's advisers said unemployment figures were likely to hit 10 percent.

The White House Office of Management and Budget said that the president will struggle to meet his vow of cutting the deficit in half by 2013. "This recession was simply worse than the information that we and other forecasters had back in last fall and early this winter," said Obama economic adviser Christina Romer. JIM KUHNHENN (AP)

pollcenter

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VOTE AT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR TUESDAY'S RESULTS, SEE PAGE 28

WEDNESDAY 92|71

THURSDAY 86|66

eyeopeners

TITLES

Central Imagination Agency Deputy Chief Mad With Power

Police in Mount Carmel, Tenn., say Scott Gibson isn't the deputy director of the CIA — and he'd have to pay his $75 speeding fine even if he were. On June 29, a speed camera clocked Gibson going 66 mph in a 55 mph zone. He was sent a ticket. Gibson mailed back a copy of the citation with a handwritten note, claiming he wasn't subject to local speed zones because he was the deputy chief of the CIA. (AP)

FEUDS

Like Hatfields And McCoys, Only Trashier

Two families that had been fighting for years turned their feud into a full-scale riot Monday outside Marion, Ala.'s city hall, with up to 150 screaming people hurling tire irons and wielding baseball bats. At least four people were hurt. The feud apparently prompted a fight earlier in the day at a high school. Then, "all hell broke loose" later, said Sgt. Carlton Hogue. Rioters were "throwing jack irons, throwing tire irons, anything they could get their hands on." (AP)

PAUL BERSEBACH/ORANGE COUNTY REGISTER/AP

IMITATORS

Did Elvis Really Drool That Much?

Brutus, an English Mastiff therapy dog, does his best Elvis impersonation during the 10th Annual Elvis Fest in San Clemente, Calif., on Sunday. The event also included a Hunk O' Pink Bubble Gum Blowing Contest, a Rock A Hula Hoop Contest and a Crème de la King Elvis Karaoke Contest. Five Elvis impersonators (besides Brutus) were on hand to serenade crowds. (EXPRESS)

GIMMICKS

Banking Fees Now Even More Hidden

Over the next three months, a cluster of East London ATMs will be offering customers the chance to withdraw cash using written prompts in Cockney rhyming slang. Customers are asked to enter their "Huckleberry Finn" instead of their PIN, and informed them that the machine is reading their "bladder of lard" (card). Cockney rhyming slang works by replacing a word with a short rhyming phrase. For example: "Money" becomes "bread and honey," which in turn is shortened to "bread." (AP)

SPORTS

"It's a popular souvenir. It's been stolen four times now."

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SAT Test Reaching Minorities

College Board sees rise in diversity even as scores fall slightly

EDUCATION | Four out of 10 students who take the SAT are racial or ethnic minorities, the College Board reported Tuesday, a milestone for the nation's most widely used college admissions test. But some performance gaps are widening in comparisons of scores by race and family income.

1.5

The number of American students, in millions, who took the SAT college entrance exam in 2008.

For the 1,530,128 students in the high school Class of 2009 who took the 3-hour 45-minute test, the composite scores were 501 in critical reading, down one point from the year before; 515 in mathematics, unchanged; and 493 in writing, down one point. The grading scale is 200 to 800 points for each section.

The 40 percent minority share of test-takers was up from 38 percent a year ago and 29.2 percent in 1999. NICK ANDERSON AND EMMA BROWN (WASHINGTON POST)

Status Quo Suits Obama Just Fine

President plays it safe with re-nomination of central bank chair

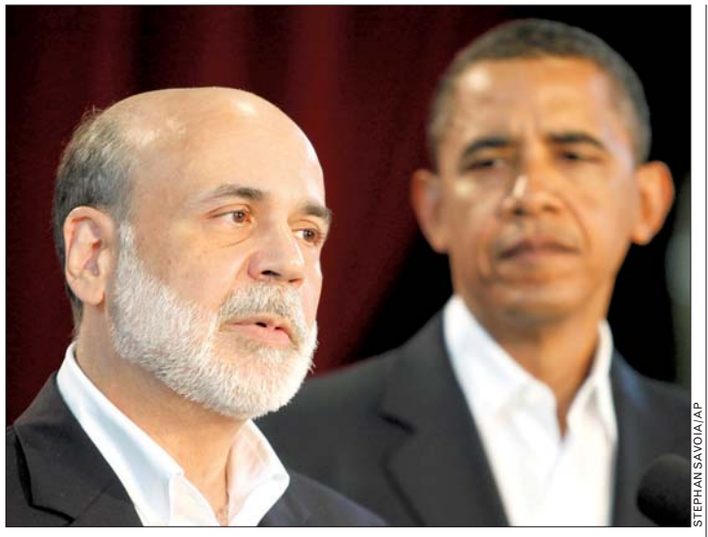
WASHINGTON | Giving Ben Bernanke a second term as U.S. Federal Reserve chairman was the politically safe course for a president beset by multiple crises and wanting no new battles.

The decision also helped soothe jittery financial markets, while drawing applause across party lines.

President Obama cited the former Princeton University economist's role in navigating the U.S. through the worst economic distress in decades in offering him a second four-year term on Tuesday. In so doing, Obama followed the pattern of other recent presidents in reappointing a central bank chief first appointed by a predecessor on grounds that he was doing a good job.

To do otherwise could have jeopardized the still-fragile recovery that Bernanke played a central role in engineering.

While other potential candidates were considered, including top White House economic adviser Lawrence Summers, any choice other than Bernanke might have roiled Wall Street and touched off a fierce battle in Washington.



STEPHAN SAVOIA/AP

President Obama took time out from his vacation on Tuesday to announce he is nominating Federal Reserve Chairman Ben Bernanke, left, for a second term.

"He couldn't have nominated anybody else. It would have been destructive to the financial markets and nobody would have ever understood it," said Mark Zandi, chief economist at Moody's Economy.com.

Bernanke, 55, now faces the challenge of meeting the high expectations from the White House — and the rest of the country — to repair the battered economy. To keep inflation at bay, he also must tread carefully in unwinding hundreds of billions of dollars in Fed financial rescue programs once the recovery is under way.

Reconfirmation seems all but sure. White House officials feel certain that any vote of no confidence in Bernanke would come at much too high a political cost to lawmakers with the economy still in a fragile state. (AP)

THE ECONOMY | BERNANKE'S BOLD MOVES

- **March 14, 2008** The Federal Reserve sets up a rescue of Bear Stearns Cos. with JP Morgan Chase & Co.
- **Sept. 17** The Federal Reserve lends $85 billion to insurance giant American International Group.
- **Sept 18** Bernanke and then-Treasury Secretary Henry Paulson ask Congress for a $700 billion bailout bill.
- **Oct. 8** Federal Reserve and five other central banks coordinate a global interest-rate cut.

LUCK That's the Ticket A retired South Carolina state employee who spent two bucks on the lottery was all smiles Tuesday as he claimed a $260 million Powerball jackpot. "For once in my life, I really experienced the old saying, 'Pinch me to see if I'm still alive, or if this is real,'" Solomon Jackson Jr. said. South Carolina Education Lottery officials say the Powerball jackpot is the largest ever won with a ticket bought in the state, which currently has the nation's fifth-highest unemployment rate. (AP)

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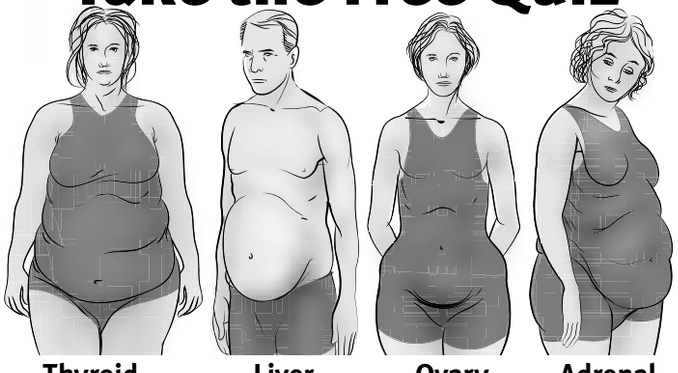

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Nation

Drugs on Fast Track to U.S.

Smugglers stash illicit cargo on trains to get it across the border

BROWNSVILLE, TEXAS | When rail cars idle on side tracks in Mexico to be loaded with legitimate cargo and shipped to the United States, drug smugglers scan for places to hide their own loot — and if no good place is apparent, they make one.

Marijuana and cocaine can be concealed above rail car axles or behind false undercarriages made of plywood. Bolder smugglers sometimes weld a false wall into a car or sabotage trains to stop them and quickly stow their contraband on board before the train moves on. Cars are then tagged with graffiti or other markings so the dealer in the U.S. can spot his delivery.

Drug smuggling by rail "is something that for years may have gone under the radar," said Mayor Chad Foster of Eagle Pass, Texas, which is expected to become by next year the busiest rail crossing on the U.S.-Mexico border.

BRAD DOHERTY/AP

A Missouri-Pacific train stops near the border in Brownsville, Texas, for inspection.

Thousands of pounds of drugs arrive in the U.S. by freight train every year. Now the federal government says it's time American rail companies cracked down on their Mexican business partners.

Drugs shipped by rail still represent only a fraction of the drugs seized along the border. But the volume of illicit cargo is growing in some places.

Because American rail companies have an ownership stake in the two largest Mexican railroads, U.S. law enforcement is pressuring rail companies to crack down on smuggling. If they do not comply, U.S. railroads risk massive fines.

Armando Torres, a transportation consultant, said rail security has been improving since the lines went private in 1997.

But drug smugglers still manage to move their shipments, and part of the problem is corruption, negligence or fear among rail workers, according to experts.

CHRISTOPHER SHERMAN (AP)

CRIME Taxi Cab Transgressions Police said a New Jersey man who told a cab driver to stop at a bank Monday so he could take out some money failed to mention he was going to rob it. Michael Restaino Jr. was arrested shortly afterward when an officer stopped the cab he was riding in several blocks from the Roselle Savings Bank. Police say the driver was unaware of what had happened. (AP)

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World

In Brief

SPENCER PLATT/GETTY IMAGES

Somalis who fled their country arrive at a refugee camp in Dadaab, Kenya.

MOGADISHU, SOMALIA

U.N.: Somalia Facing Its Worst Crisis in 18 Years

Somalia is facing its worst humanitarian crisis in 18 years, with more than half of the population needing humanitarian aid amid an escalating crisis, the U.N. said Tuesday. The agency's Food Security and Nutrition Analysis Unit said 3.76 million people are getting aid and warned of further deterioration due to the country's insurgency. (AP)

VIENNA

Diplomats: Iran's Uranium Enrichment Program Lags

Iran's output of enriched uranium is stagnating even as its production capacity increases, a sign that Tehran may be running out of the ore needed to make nuclear fuel, diplomats said Tuesday. The diplomats emphasized that the possibility that Iran was running short of uranium oxide was only a possible explanation for why Iran had not substantially upped its production of enriched uranium since May. (AP)

MOSCOW

Russia: Nothing Suspicious Found on Cargo Freighter

Russia moved to quash speculation that a freighter embroiled in a high-seas mystery might have been carrying sensitive cargo, saying Tuesday that an initial search of the Arctic Sea last week uncovered nothing suspicious. But the Foreign Ministry statement — which also said the Arctic Sea's captain had falsely claimed it was a North Korean ship headed from Cuba to Sierra Leone — appeared unlikely to end the questions about the vessel. (AP)

No Clear Leader in Afghan Vote

Preliminary results show president, top challenger nearly tied

KABUL | President Hamid Karzai and his main rival, former Foreign Minister Abdullah Abdullah, were running virtually even Tuesday in the first fragmented returns from last week's Afghan election, raising the possibility of a runoff that could drag the process out for months.

Tuesday's figures came from 10 percent of the more than 27,000 polling sites nationwide — too small a sampling either to draw a conclusion about the outcome or silence criticism that the ballot was marred by fraud and Taliban violence.

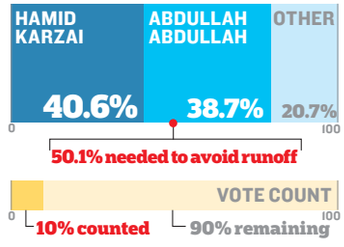
The United States and its NATO partners had hoped Thursday's vote would produce a clear winner with a strong mandate to confront the growing Taliban insurgency, widespread corruption, narcotics and a stagnant economy.

Six other presidential candidates, echoing Abdullah's earlier claims, charged Tuesday that widespread fraud occurred on election day — mostly in Karzai's favor.

The allegations threaten to discredit the eventual winner, stoke violence and cast doubt on the credibility of the Afghanistan democracy at a time when President Obama and other Western leaders are considering investing more resources in an increasingly unpopular war.

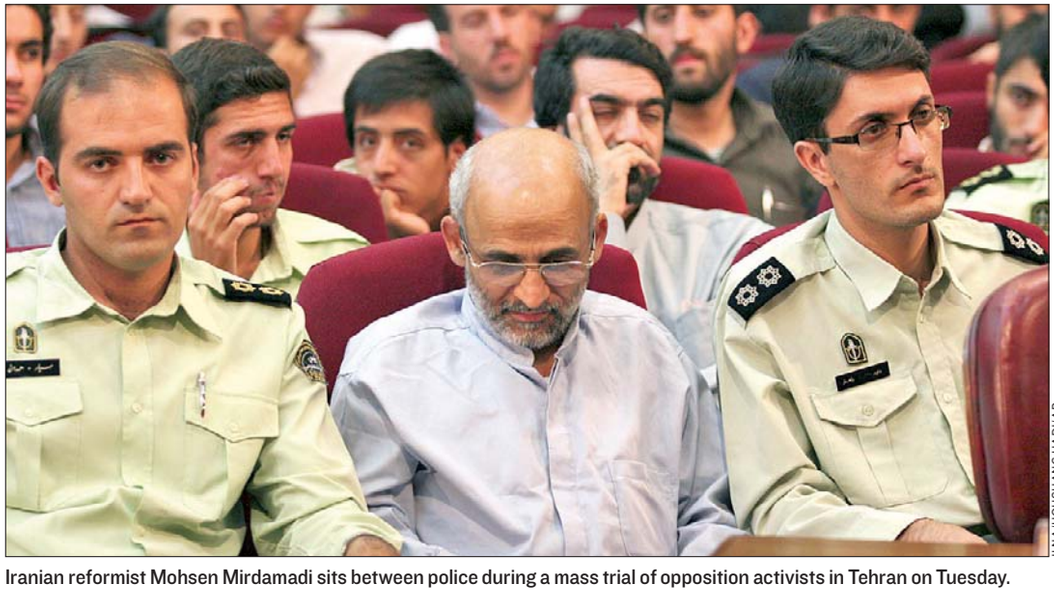
EARLY RESULTS

The Independent Election Commission's preliminary presidential results from 22 of the Afghanistan's 34 provinces:



Underscoring the crisis, a cluster of vehicle bombs detonated nearly simultaneously near a Japanese construction company in the southern city of Kandahar, killing at least 41 people, flattening buildings and sending flames into the sky. The thundering explosion occurred just after nightfall Tuesday in a district that includes U.N. facilities and an Afghan intelligence office.

Also in the south, a bombing killed four U.S. service members Tuesday. At least 172 American troops have died in the Afghan war this year — the deadliest since the conflict began in 2001. (AP)



ILNA/HOUSHANG HADI/AP

Iranian reformist Mohsen Mirdamadi sits between police during a mass trial of opposition activists in Tehran on Tuesday.

Iran Reformist Renounces Position

At mass political trial, top activist confesses to fomenting unrest

TEHRAN, IRAN | Saeed Hajjarian was a die-hard hero of Iran's reform movement, campaigning to reduce the power of the Islamic clerics even after being shot in the head in an assassination attempt that left him partially paralyzed.

On Tuesday, he was brought into a courtroom propped up by men who put him in the front row of defendants in Iran's biggest political trial in decades, where he renounced his career as a reformist.

His speech slurred and nearly unintelligible from the 2000 attack, Hajjarian had a statement read proclaiming that Iran's supreme leader represents the rule of God on Earth and asking for forgiveness for his "incorrect" ideas.

The stunning confession was among the most dramatic in the trial of more than 100 reform leaders and protesters arrested in Iran's post-election crackdown — testimony the opposition says was coerced by threats and mistreatment during weeks of solitary confinement.

A procession of the biggest names in the reform movement has taken the stand during the past month, some looking thin and tired, all dressed in blue pajama-like prison uniforms and slippers. They have confessed to taking part in what the government says was a plot backed by foreign enemies to overthrow Iran's clerical leadership in a "velvet revolution."

> "I've committed grave mistakes by offering incorrect analysis during the election."
>
> —SAEED HAJJARIAN, IRANIAN REFORMIST, IN A STATEMENT

The opposition has compared the proceedings to Josef Stalin's "show trials" against his opponents in the Soviet Union, saying the government is trying to wipe out the reform movement.

In a statement read by a fellow defendant, he confessed to trying to spread "Marxist thought" that "has no relation to Iran."

The Islamic Iran Participation Front dismissed the confessions by Hajjarian and other party leaders as forced, saying: "What is uttered from their tongue today is not by their will." ALI AKBAR DAREINI (AP)

World

Pakistani Taliban: Top Leader Killed

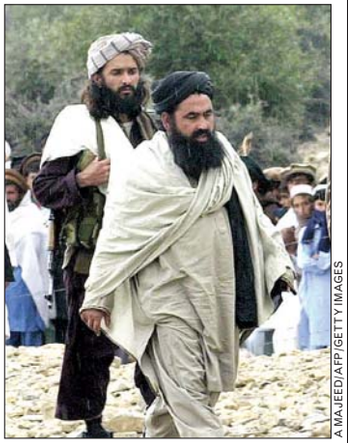
Militants say Mehsud died of injuries from U.S. missile strike

DERA ISMAIL KHAN, PAKISTAN | Pakistani Taliban commanders acknowledged Tuesday that the militants' top leader, Baitullah Mehsud, was dead, ending weeks of claims and counterclaims over his fate following a U.S. missile strike on his father-in-law's home this month.

Hakimullah Mehsud and Waliur Rehman, two of Mehsud's top aides and reportedly rivals to succeed him, called The Associated Press to say that their leader had died Sunday of injuries from the Aug. 5 strike in South Waziristan, near the Afghan border.

"He was wounded. He got the wounds in a drone strike, and he was martyred two days ago," Hakimullah Mehsud said. Rehman later repeated the same claim.

The Taliban had insisted for weeks — in periodic, sometimes contradictory phone calls to media from various commanders — that Baitullah Mehsud was still alive following the missile strike, while U.S. and Pakistani officials said he was almost certainly dead and a leadership struggle had ensued.



A MAJEED/AFP/GETTY IMAGES

Pakistani Taliban chief Baitullah Mehsud, right, shown in 2004, died Sunday.

Hakimullah Mehsud and Rehman denied the reports of infighting in their Tuesday evening call to AP, repeating an earlier Taliban announcement that Hakimullah Mehsud now leads the Pakistani Taliban and adding that Rehman would head the al-Qaeda-linked movement's wing in South Waziristan. ISHTIAQ MAHSUD (AP)

Iraq Escalates Standoff With Syria

BAGHDAD | An al-Qaeda front group said Tuesday it carried out last week's truck bombings on government targets in Baghdad, attacks that Iraq has said also involved plotters among Saddam Hussein loyalists based in Syria.

As the Iraqi government tries to fend off criticism for security lapses, it has focused its anger on Syria and demanded that Damascus hand over two suspected members of Saddam's ousted Baath Party whom it has linked to the attacks.

On Tuesday, Iraq escalated the diplomatic confrontation with its neighbor by recalling its ambassador to Syria. Syria, in turn, ordered its ambassador home and said that unless the Iraqi government provided evidence, Syria would consider the claims to be fabricated "for political goals."

SABAH ARAR/AFP/GETTY IMAGES

Iraqis look at new blast walls in front of Baghdad's Foreign Affairs Ministry.

The Aug. 19 blasts killed more than 100 people. (AP)

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Money

Empty Mailboxes Are No Accident

Junk mail deliveries have dropped sharply since recession began

CHICAGO | You can find a bright spot in the recession as close as your mailbox: There are far fewer hefty catalogs, bulging coupon packets, credit card offers and glossy fliers clogging it up.

Thanks to the economic downturn and rising shipping costs, junk mail volume was down 16 percent from last fall to this summer, on pace for the steepest annual decline in decades.

Businesses that are still sending junk mail are sending less of it — shrinking their catalogs and using thinner paper to save money. It's a sign stores are still struggling, but it also means less paper to toss in the garbage or lug to the recycling bin.

"I get excited for mail, and then I look at it, and it's just trash," said Nicole Soto, a mother of two in Winchester, Mass., who hates junk mail so much she joined a service to help her cut down even further.

DAMIAN DOVARGANES/AP FILE

A handler sorts bundles of mail at a U.S. Postal Service distribution center in Los Angeles. The Postal Service has seen a steep drop in business during the recession.

$200M

The decline in revenue from junk mail at the U.S. Postal Service from 2007 to 2008. The agency is expecting an even bigger decline this year.

"At the end of the day, I don't like the idea of so much being wasted," she said.

Fewer credit card solicitations are going out, too. About 1.4 billion fewer were mailed last year than in 2007, a decline big enough to account for a quarter of the overall drop in junk mail.

The reprieve from overstuffed mailboxes will probably end as the economy revives. Catalogs, pamphlets and flyers remain among the cheapest and most effective ways to market and sell products and draw new shoppers into stores.

ASHLEY M. HEHER (AP)

Wikipedia Aims To Crack Down On False Entries

NEW YORK | Wikipedia said it is testing a new method for curbing false information in its entries as the online encyclopedia seeks a balance between credibility and openness.

While anyone can still edit articles, the site is testing pages that require changes to be approved by an experienced Wikipedia editor before they appear on the site. If users respond well to the test run, the new restrictions will apply to all entries for living people.

A more uniform system for filtering changes on Wikipedia represents something of a step back from the site's original philosophy, which called for harnessing the collective knowledge of volunteer editors without any major restrictions. ANDREW VANACORE (AP)

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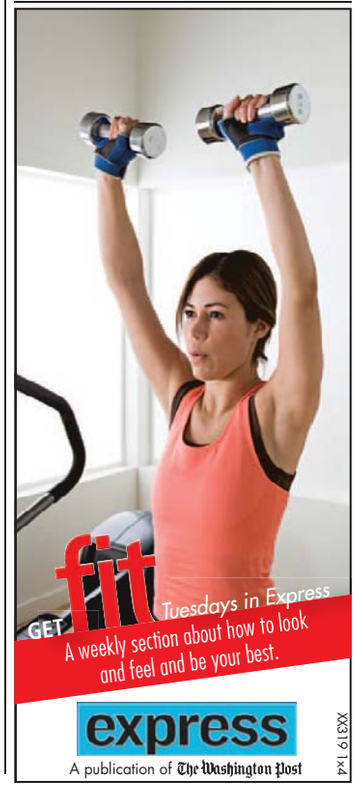

Local

ACQUELYN MARTIN/AP

Harry E. Johnson Sr., left, CEO of the Martin Luther King Jr., National Memorial Project Foundation, with U.S. Education Secretary Arne Duncan in D.C. Tuesday.

Hopes Still High For King Memorial

Officials say lone issue holding up project is NPS building permit

The 144 blocks of granite are almost finished. The construction team is ready. The money is in hand.

All that is needed, say the creators of Washington's towering stone memorial to the Rev. Martin Luther King Jr., is a building permit from the National Park Service.

Tuesday morning, as U.S. Education Secretary Arne Duncan helped kick off a children's essay/art/video contest about the slain civil rights leader, memorial officials said they are eager to get started on the project, which has stalled in recent months.

Harry E. Johnson Sr., president and CEO of the Martin Luther King Jr., National Memorial Project Foundation, wrote a letter to Interior Secretary Ken Salazar, who oversees the Park Service, requesting a building permit.

"I am hopeful, as I have been, that the secretary of the interior will take a look at this and say, 'There's no reason not to give you a building permit,'" Johnson said Tuesday. "I don't have an argument with the Park Service or anybody else," he said. "I just want to build a memorial." MICHAEL E. RUANE (THE WASHINGTON POST)

The Lotteries

Tuesday, Aug. 25

DISTRICT

Mid-day Lucky Numbers	6-4-6
Evening Lucky Numbers (Mon.)	3-0-0
Mid-day DC 4	8-2-7-3
Evening DC 4 (Mon.)	6-0-5-1
Mid-day D.C. Five	3-2-4-4-5
Evening D.C. Five (Mon.)	3-6-4-8-1
Daily 6 (Mon.)	19-22-29-30-35-37 (3)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	5-6-6
Evening Pick 3 (Mon.)	2-4-2
Mid-day Pick 4	3-4-4-2
Evening Pick 4 (Mon.)	9-9-9-2
Match 5 (Mon.)	2-16-30-37-39 (3)

VIRGINIA

Mid-day Pick 3	8-9-9
Evening Pick 3 (Mon.)	6-6-6
Mid-day Pick 4	2-2-2-7
Evening Pick 4 (Mon.)	2-9-9-9
Mid-day Cash 5 (Tues.)	5-7-18-24-26
Evening Cash 5 (Mon.)	4-13-21-28-34

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Local

Woman Busted for Cocaine Inside Bra at BWI

LINTHICUM, MD. | The 35-year-old District woman, federal authorities said, should have known she'd be busted.

Sophia Williams cut quite a figure when she arrived at Baltimore Washington International Airport late Monday night from Montego Bay, Jamaica. Turns out, according to Customs and Border Protection officers, she had 2 pounds, 9 ounces of cocaine stuffed in her bra.

Authorities said the drugs were split into two packages tucked inside the black bra.

U.S. CUSTOMS AND BORDER PROTECTION

Customs and Border Protection officers found drugs sewn into a woman's bra.

"Narcotics smugglers will go to great lengths to conceal their dangerous drugs, and this is another unique concealment method," James Swanson, Customs and Border Protection Port Director for the Port of Baltimore said in a statement. "Unfortunately for her, it wasn't so unique that it fooled our highly trained officers even for a second."

MARIA GLOD (THE WASHINGTON POST)

Streetcar Tracks Planned for D.C.

Two intersections on H Street NE will be closed during the day this week to allow installation of streetcar tracks, the District's Department of Transportation said Tuesday.

On Wednesday, the intersection of Fourth and H streets will be closed from 9 a.m. to 5 p.m. The streetcar track work is part of the reconstruction of the H Street Corridor. ASHLEY HALSEY III (THE WASHINGTON POST)

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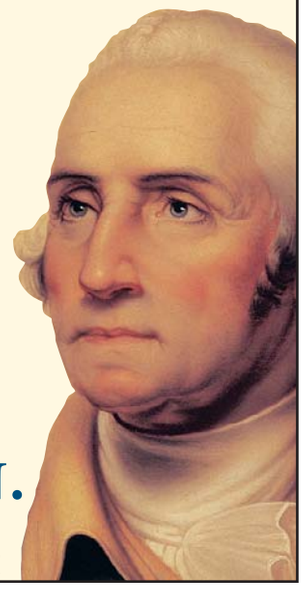

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Barack Obama and the Democrats did not inherit the bad economy; they caused it and made it worse

They now want to bankrupt the nation with socialized medicine and socialist energy taxes

This will greatly increase your income taxes, property taxes, utility bills and you will be denied medical care

By U.S. Citizens Association

Are you fed up with out-of-control government spending and taxation?

Are you fed up with the government providing bailouts, not securing the borders and not drilling for oil in our own country, which would hold down energy prices?

Many U.S. citizens who embrace the American way have engaged in "tea parties" recently. That's a good start, but it is not enough.

Now there is an effective way for you to do something about government that does what they want rather than what you want. You can join the U.S. Citizens Association.

The U.S. Citizens Association represents the biggest and most effective organized effort on the part of U.S. citizens to produce government that works in the interest of U.S. citizens and not in the interest of special interests and government officials.

The U.S. Citizens Association will turn you into an Empowered Citizen.

Both parties, Republicans and Democrats, have been guilty of taking our country in a direction to which most U.S. citizens do not want it to go. They have taken it in the direction of socialism.

However, President Barack Obama and the Democrats have recently engaged in a push for socialism at a rate that has never occurred in the history of the United States. Barack Obama's and the Democrat's agenda is on the verge of changing the United States from a capitalist country to a socialist country. It is capitalism that has made the United States the most prosperous and most powerful nation in the history of the world. Capitalism means free enterprise and freedom for citizens. Socialism means government controls everything and no freedom for anyone else.

Barack Obama and the Democrats now want to change the country to a socialist country more like Cuba and North Korea. Socialism has never worked in history for any nation that has ever tried it to produce prosperity for its citizens. Socialism only produces prosperity for the socialistic government rulers.

In capitalist countries, only 10% of the people temporarily live in poverty. In socialist countries, 99% of the people live in poverty permanently. The 1% socialist rulers permanently live a life of prosperity and ultra-luxury.

Barack Obama and the Democrats know this. Why do they want to impose socialism on our country when they know that history shows it does not work for the citizens? Because socialism provides much more power to the government rulers than capitalism. It prolongs their power and, in many cases, makes their power permanent. Their reasons are totally selfish. They don't care about you; they care about themselves.

Barack Obama's and the Democrat's agenda for bailouts, nationalizing private corporations, their socialized medicine and socialist energy taxes, formerly called Carbon Cap-and-Trade and now called "The Climate Bill", will produce the following for you very shortly: you will soon see great increases in your income taxes, property taxes, utility bills, and gasoline prices. You will be denied medical care. Your Social Security checks will be greatly reduced.

Barack Obama and the Democrats, using their accomplices in the left wing of the news media, have been publishing a great deal of lies to the public. This deep recession was not caused by the Bush tax cuts, Republican lax regulation or Wall Street greed. The following is the truth concerning these and other big lies.

• The current financial crisis was caused by the sub-prime mortgage collapse. The sub-prime mortgage collapse was caused by Democrats, not Republicans. Jimmy Carter signed the Community Reinvestment Act into law which was passed by the Democratic Congress in the late 1970s. The Community Reinvestment Act claimed to provided home mortgages to people who did not qualify for mortgages. Bill Clinton and his Attorney General, Janet Reno, doubled down on the Community Reinvestment Act and Janet Reno threatened banks with legal action if they did not give mortgages to people who could not afford them. Fannie Mae and Freddie Mac then bought up the majority of these bad loans and cooked the books so their Democrat-appointed executives could get millions of dollars in bonuses. The Democrats over the past 8 years, led by Barney Frank and Chris Dodd, blocked efforts by Republicans to rein in Fannie Mae and Freddie Mac.

During the past 8 years, the Democratic party political action group ACORN pressured banks to give mortgages to people who could not afford them and filed lawsuits against banks. Barack Obama was one of the attorneys that filed lawsuits against banks. Barack Obama, while he was a U.S. Senator, also opposed reining in Fannie Mae and Freddie Mac.

Therefore, it is a lie that Barack Obama and the Democrats inherited this bad economy from George Bush and the Republicans. Barack Obama and the Democrats caused the bad economy and have made it much worse.

• President Obama and the Democrats want to have government compete with private healthcare providers. This is a scam to impose socialized medicine. The government can tax, print money and make laws. They will eliminate private healthcare, which will leave only government healthcare, which is socialized medicine.

Socialized medicine does not provide free healthcare for everyone. Socialized medicine is not free. Socialized medicine, in fact, costs more for all citizens of a socialized medicine nation than it would if healthcare were in the free market. This is because of the usual government inefficiencies and corruption.

Also, a vast number of people do not get healthcare in socialized medicine. Anytime something is free, it creates a huge demand, which outstrips the resources to produce the product. Therefore, with socialized medicine, healthcare is rationed. Rationing means long waits to get healthcare and denial of healthcare to many people.

Senior citizens especially will be denied healthcare, including those on Medicare.

The United Kingdom and Canada, both of which have socialized medicine, are overwhelmed with cases of people dying waiting for treatment.

Many people who are citizens of countries with socialized medicine come to the U.S. for healthcare.

• Carbon Cap and Trade, now called "The Climate Bill", has passed the U.S. House and is headed for the Senate. It is a major fraud designed to rob money from U.S. companies and citizens and give it to our government, foreign governments and to the private perpetrators of this fraud, including Al Gore. Man-made global warming is a scam.

The earth has been warming and cooling since its birth billions of years ago and since the beginning of recorded time. It is mostly caused by sun spot activity. It is not caused by man-made carbon dioxide emissions into the atmosphere.

Carbon dioxide is not a pollutant. Carbon dioxide is critical for sustaining all life on earth because plants use carbon dioxide to produce oxygen. Also, over 90% of so-called greenhouse gases are not carbon dioxide, they are water vapor.

If Carbon Cap-and-Trade passes, energy bills will increase by at least 25% to 40% and probably a lot more. Many businesses will go bankrupt and millions of jobs will be lost. Public school and local government operating costs will skyrocket, forcing great increases in property taxes.

• The so-called Worker Freedom of Choice Act, which used to be called Card Check, is another major scam. This is Democratic Party payback to unions because unions devote a major portion of union dues to the Democratic Party. Although unions may have served some useful purpose at the beginning of the industrial revolution, they have long ago become a destructive force on businesses and the nation in general. You only have to look to the U.S. auto makers to verify this.

If Card Check is passed, it will put many small businesses into bankruptcy, put them out of business and dramatically raise the cost of goods and services for all U.S. citizens. The only people benefitting will be the union bosses and the Democratic Party. Their coffers will overflow with the new union dues money.

• It is a lie that taxing the top 5% of income earners is taxing the "rich." The super rich have their money in trusts, which are not taxable, and in income from securities that are tax free. The top 5% of income earners in the U.S. are mostly small businesses. Small businesses create 90% of the new jobs in the nation.

Most of these small businesses are Sub-Chapter S Corporations. This means that all of the income of their company falls through to them personally. But, they only get a small part of this income. The small businesses only average a 5% profit on sales before taxes. Because of federal and state income taxes, which together average around 45%, that 5% now becomes only 3% in the way of spendable money. Of that 3%, at least 1/3 has to be kept in the company as equity to get credit to do such things as purchasing inventory and for capital improvements. The small business owner must take some of this remaining profit to live. The small amount of profit that is left goes for expansion, which includes hiring new people. A 5% tax increase, which would take 50% of a businesses profits, would wipe that out.

• Senior citizens on Social Security who want tax increases because they think that will protect their Social Security are wrong. There is no "saved up" fund in Social Security to pay out benefits. The benefits come directly from the paychecks of those people presently working. It's coming to the point where there's going to be two workers supporting one Social Security recipient. If you start to drastically reduce the number of workers due to overtaxing small businesses, Social Security will become bankrupt much faster than is being predicted.

• Obama and the Congressional Democrats have embarked on a massive spending campaign agenda with bailouts and excessive budgets for the purposes of political paybacks and to implement socialist programs that are unconstitutional. Their spending far exceeds the spending of all previous presidents and Congresses in total since the birth of the nation.

The Congressional Budget Office reports that this massive excess spending will result in a deficit of over $9 trillion. The interest alone on this deficit will be nearly $1 trillion a year. The deficit will cost every U.S. citizen over $28,000.

The deficit will create great hardship on all citizens of the U.S. It will soon push inflation to double-digit numbers, which will be higher than the Jimmy Carter years. It will cause massive tax increases for all taxpayers. It will cause substantial increases in property taxes because public schools and local governments will experience dramatic expense increases due to inflation and carbon Cap-and-Trade. Carbon Cap-and-Trade alone will increase public school and local governments electricity bills, heating and cooling bills and fuel bills for safety vehicles and school buses by 25% to 40%.

You can now do something to counter this effort to change the United States from capitalism to socialism. You can join the U.S. Citizens Association. Your contributions will go to educating the public with truthful information such as that presented above. You will also get information that will make you an Empowered Citizen. See the sign up form on this page.

These are the leading culprits who actually caused the subprime mortgage collapse which then caused the current worldwide deep recession

1. Jimmy Carter

2. Bill Clinton

3. Janet Reno

4. Franklin Raines

5. Chris Dodd

6. Barney Frank

7. Barack Obama

1. Jimmy Carter pushed for and signed into law the Community Reinvestment Act which forced banks to lower their standards so that previously unqualified people could get a mortgage.
2. Bill Clinton then doubled-down on the Community Reinvestment Act and greatly lowered mortgage standards to allow a lot more unqualified borrowers to get loans.
3. Bill Clinton's Attorney General, Janet Reno, then intimidated banks with threats of legal action if they did not give loans to unqualified borrowers who would not have the income to pay the loans back.
4. A member of the Clinton administration, Franklin Raines was then put in charge of Fannie Mae by Bill Clinton. Fannie Mae bought up a majority of the bad loans made by banks to unqualified borrowers. Raines then falsified Fannie Mae financial reports so he could collect bonuses which totaled over $90 million for 5 years.
5. Senator Chris Dodd, head of the Senatorial Financial Committee, suppressed efforts by President George W. Bush and congressional Republicans to rein in the corruption at Fannie Mae and Freddie Mac. He got a very favorable loan by a bank associated with Fannie Mae and Freddie Mac. He got large political campaign contributions from Fannie Mae and Freddie Mac.
6. Barney Frank, head of the House of Representatives Banking Committee, also suppressed efforts by President George W. Bush and Congressional Republicans to investigate corruption at Fannie Mae and Freddie Mac.
7. Barack Obama, while he was an attorney, filed lawsuits against banks on behalf of ACORN in order to force banks to give loans to people who could not afford to pay them back. Obama, while he was a U.S. Senator, also suppressed efforts by President George W. Bush and Republican Congressmen to investigate and rein in Fannie Mae and Freddie Mac.

It was socialism, not capitalism that caused the bad economy

It is also being falsely publicized by Barack Obama and the Democrats that the subprime mortgage collapse that caused the bad economy was caused by the failure of capitalism.

The subprime mortgage collapse was caused by the failure of socialism, not capitalism. Forcing banks to give loans to people who cannot afford to pay them back is socialism, not capitalism. Everyone wants to help the poor, but socialism does not work to accomplish that.

Barack Obama and the Democrats have not yet imposed full blown socialism, but they are coming close.

Socialism makes 99% of the citizens poor while the 1% socialist government rulers are rich and live in luxury. Yes, socialism works for the rulers, but not for the citizens. Obama and the Democrats know this, but they don't care about the citizens, they care about themselves, gaining permanent power and a life of luxury.

If socialism worked, the USSR would be the most prosperous nation on earth. The USSR no longer exists. If socialism worked, Cuba and North Korea would be the most prosperous nations on earth. But the average Cuban worker makes $30 a month (compared to $4,000 a month for the average U.S. worker), and the average North Korean is starving. Meanwhile, Fidel Castro and Kim Jong-il live a life of luxury.

Because of Barack Obama's and the Democrat's socialist policies, millions of Americans have lost their jobs or have taken large pay cuts. Thousands of companies have gone out of business or are going through bankruptcy. Millions of Americans have lost most of their retirement savings and most of their wealth due to investment losses.

Meanwhile, Barack and Michelle Obama's wealth has skyrocketed and they live a life of luxury.

The Obamas throw lavish parties on a regular basis at the White House for their socialist friends. These parties include flying in Kobe beef from Japan which costs over $100 per pound. Michelle Obama wears designer clothes to these parties which cost thousands of dollars. These exorbitant parties cost taxpayers millions of dollars.

Yes, socialism is great – for the socialist government rulers, not for you.

U.S. Citizens Association Sign Up Form

1. U.S. Citizens Association is a non-profit organization made up of U.S. citizens.
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3. Your name, address and any other information about you will be kept strictly confidential. Your name will not be rented or released to anyone for any reason.
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- To join by phone, call TOLL-FREE **1-800-834-9270 Ext. USCA578**.
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Sports

United Seeks to Regain Its Footing

D.C. needs to snap cold streak to stay in MLS' playoff picture

UNITED | D.C. United is winless in its past seven games and has slipped into the danger zone in both the MLS playoff race and the CONCACAF Champions League. While not in crisis — the team is healthy and there's time to recover — United needs to start winning games.

It won't be easy. Wednesday night D.C. hosts nine-time Mexican titlist Toluca in the Champions League knowing that falling into a 0-2 hole could kill of any realistic hopes of advancing from group play. Then on Saturday, United (6-5-11 in MLS) travels to second-place Chicago (10-5-8) looking to climb back into playoff position with its first league win since mid-July.

NICHOLAS KAMM/AFP/GETTY IMAGES

D.C. United midfielder Ben Olsen called Saturday's game against David Beckham and the L.A. Galaxy a step in the right direction. D.C. plays Toluca Wednesday.

"I think every team goes through that little stretch and we're definitely going through it right now. We just have to fight through it," midfielder Clyde Simms said.

D.C. took a step in the right direction last weekend in what Ben Olsen called "one of the only games this year where we have had the right mentality throughout," a 0-0 tie against Los Angeles.

Coach Tom Soehn has a few new players at his disposal. During the current transfer window D.C. has signed defender Julius James from Houston, defender David Habarugira from a Belgian club, midfielders Tiyiselani Shipalane and Ely Allen from the minor leagues and, most notably, U.S. Olympian Danny Szetela.

Toluca is in second place in the Mexican league at 4-1 but likely won't field its entire first-choice lineup in a mid-week game so far from home. That may present D.C. with an opportunity to gain some momentum. "It's going to be tough to get a result, but why not? We can do it," Olsen said. BRIAN STRAUS

In Brief

BASEBALL

Santana to Have Elbow Surgery, Miss Rest of Year

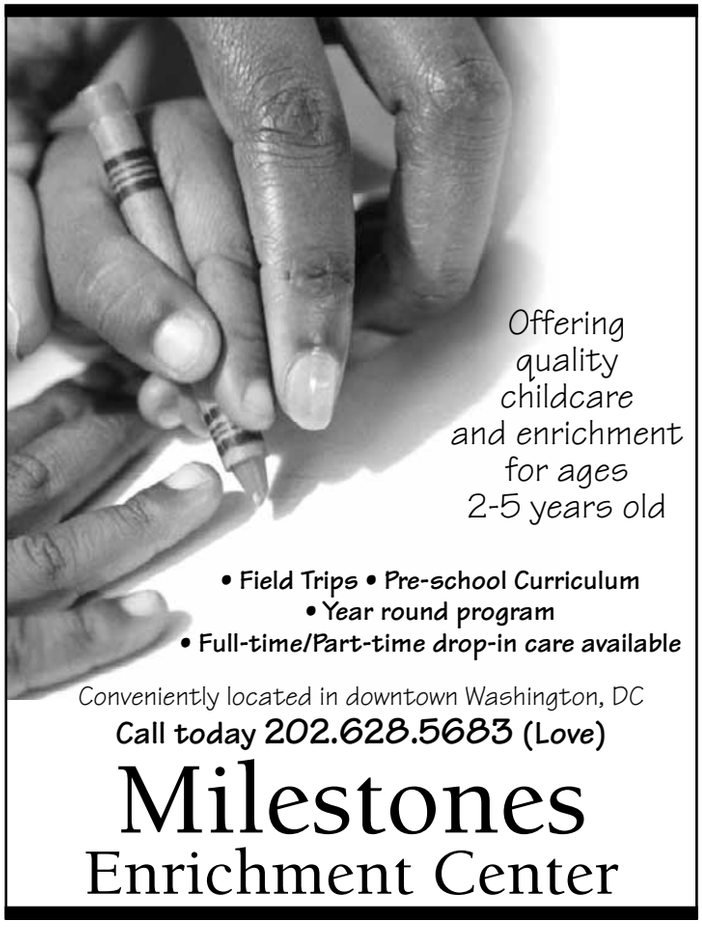
Johan Santana needs surgery for bone chips in his left elbow and the star pitcher is out for the season, the latest blow to a New York Mets team battered by injuries. The team said their ace is expected to be ready for spring training next year. The Mets had feared a major injury to the two-time Cy Young winner, who has four seasons left on his $137.5 million, six-year contract. Instead, Santana will have arthroscopic surgery. (AP)

Santana

TAMPA, FLA.

Disgraced NBA Ref Jailed For Violating Probation

Disgraced former NBA referee Tim Donaghy was back behind bars on Tuesday, accused of violating his federal probation by not showing up for work, the U.S. Marshals Service said. Donaghy, was being held without bond a day after his arrest at a halfway house in Tampa where he was finishing his 15-month sentence for gambling charges. (AP)



LITTLE LEAGUE | CANADA HOLDS OFF GERMANY

CAROLYN KASTER/AP

NICE JOB, EH: Vancouver, British Columbia, teammates Nicholas Carusi, left, and Taz Burman celebrate in the sixth inning after they scored off Katie Reyes' double on their way to a 14-13 win over Ramstein AFB, Germany Tuesday.

TODAY'S TV LINEUP

NATIONALS (8 P.M. ON MASN) The Nats are in the Windy City to play the Cubs.

ORIOLES (8 P.M. ON MASN2) The O's and Twins wrap up their series.

BASEBALL (7 P.M. ON ESPN2) The Rangers try to slow down baseball's hottest team, the Yankees.

LITTLE LEAGUE (4 P.M. AND 8 P.M. ON ESPN) The Little League World Series' semifinals begin.

BASEBALL **Summer Rental** Billy Wagner is on his way to the Boston Red Sox. After a few days of back-and-forth talks about Wagner's future, the New York Mets traded the left-handed reliever to the Red Sox on Tuesday for two players to be named. He'll join a strong bullpen that features All-Star closer Jonathan Papelbon. (AP)

Old Home Team in Old Hometown

Md. native Springs returns to FedEx Field as member of Patriots

REDSKINS | For five seasons, he was the Washington Redskins' top cornerback, the alpha male in a close-knit secondary and the man who helped set the tone on gameday.

There will be another gameday for Shawn Springs on Friday, but this time the veteran cornerback will be playing at FedEx Field for the first time since the team released him in February.

"For me, hopefully, it'll be just like going out to practice," said Springs. "Like an intra-squad scrimmage, except I've got a different uniform."

There was a time when Springs, 34, was a leader on a secondary comprising four first-round draft picks and relished taking on the top wide receiver. "You want a guy who says, 'Hey, this guy is their best guy. Put me on him,'" Redskins secondary coach Jerry Gray said. "For us, Shawn was that guy. You can't argue with players like that."

JOHN MCDONNELL/TWP

Shawn Springs, the Silver Spring native and 13-year NFL veteran who played for five seasons in Washington, said he has fond memories of his Redskins tenure.

On the field and in the locker room, Springs, who is beginning his 13th season in the league, set the tone with his take-charge approach and buoyant personality, playing a major role in an overall defensive scheme that helped Washington produce four top-10 finishes in his time with the team.

> "It's not really a homecoming ... because I still have a relationship with those guys."
>
> —PATRIOTS CB SHAWN SPRINGS ON HIS RETURN TO FEDEX FIELD

Injuries slowed Springs, who grew up in Silver Spring, in his final season, but he still has fond memories of his time with Washington and many strong ties to coaches and players.

"There are a lot of guys over there I have a lot of respect for. I mean, I love those guys," Springs said. "But it's not really like a homecoming. That's not the way I'm looking at it, because I still have a relationship with those guys."

JASON REID (THE WASHINGTON POST)

Vick to Debut With the Eagles Against Jaguars

NFL | Michael Vick will make his preseason debut for the Philadelphia Eagles on Thursday night.

The three-time Pro Bowl quarterback hasn't played in an NFL game since Dec. 31, 2006 with the Atlanta Falcons. Vick was released from federal custody July 20 after serving 18 months of a 23-month sentence for his role in running a dogfighting operation.

"I can only go off what I've seen in practice and it looks like he's moving around pretty good," Eagles coach Andy Reid said.

Donovan McNabb and the Eagles' starters are slated to play three quarters against the Jacksonville Jaguars, and Reid said Vick won't play in the fourth quarter. That means Vick could spell McNabb or be used in a variation of the wildcat formation. (AP)

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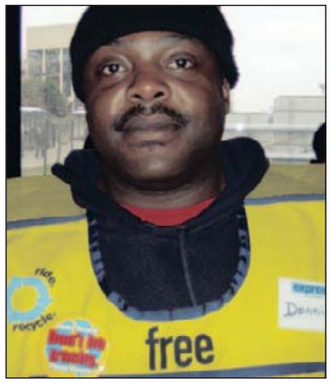
— Dunn Loring
Metro Rider



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Sports

S. Africans Rally for Racer

Track star at center of gender controversy gets a hero's welcome

TRACK AND FIELD | Looking shy and awkward under the glare of media attention, South African runner Caster Semenya returned home Tuesday amid questions about her gender after her 800-meter win at the world championships and South Africa's president vowed that he would not permit her gold medal to be taken away, no matter what gender tests say.

The president of Athletics South Africa, Leonard Chuene, was also defiant and said he had resigned from his seat on the IAAF board to protest the organization's treatment of Semenya. She is not accused of trying to cheat, but of perhaps unknowingly having a medical condition that blurs her gender and gives her an unfair advantage.

KAREL PRINSLOO/AP

Runner Caster Semenya waves to her fans upon her arrival in South Africa.

Semenya was greeted warmly at the airport in Johannesburg by several thousand singing and dancing fans. A homemade poster held by a fan at the airport declared Semenya "our first lady of sport."

Semenya also was welcomed home by her parents and Winnie Madikizela-Mandela, the former wife of the country's first black president Nelson Mandela.

"We are here to tell the whole world how proud we are of our little girl," Madikizela-Mandela said. "They can write what they like — we are proud of her." (AP)

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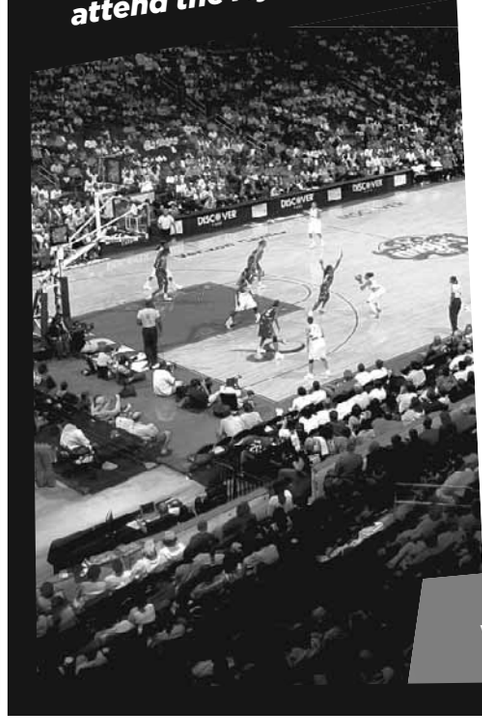

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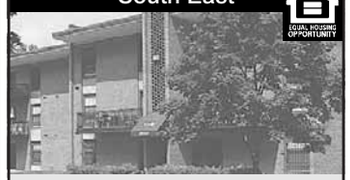

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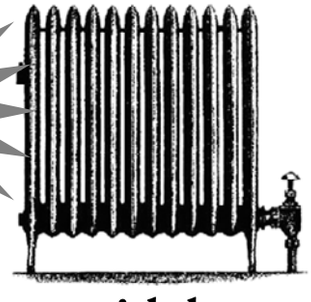
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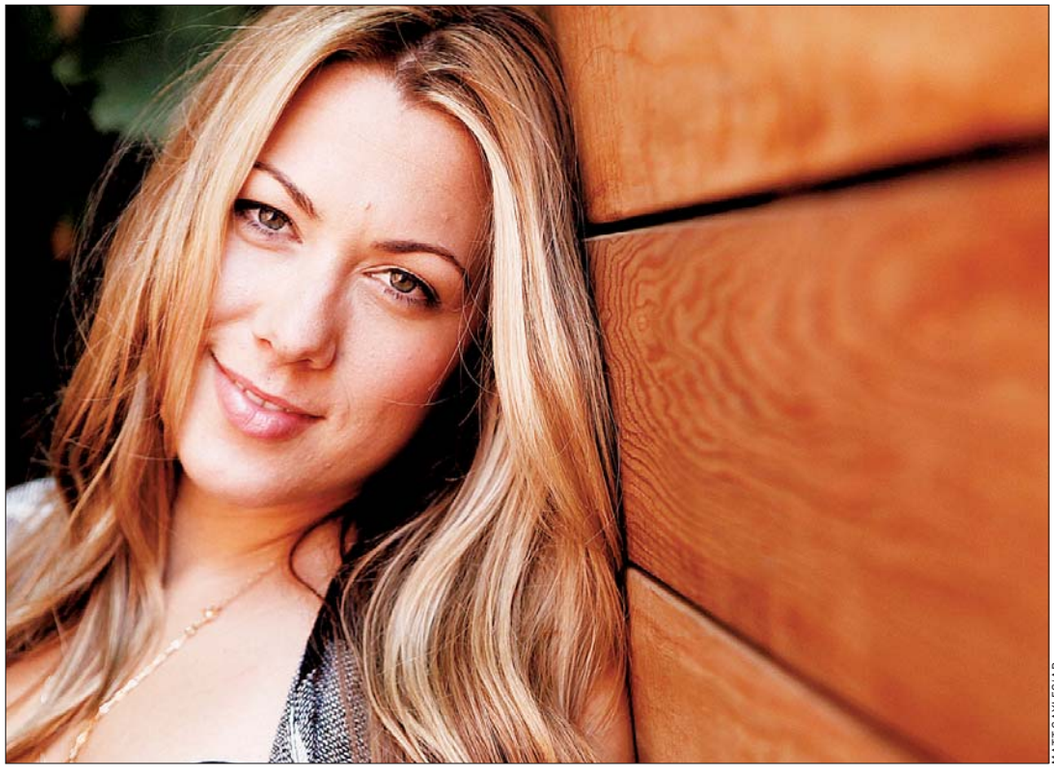
lookout

Second-Time Jitters

Colbie Caillat breaks through her writer's block and into her sophomore album



MATT SAYLES/AP

WEB SAVVY: Caillat's career got a jump-start from her MySpace page, which led to the success of her 2007 album "Coco."

Q&A | Colbie Caillat found platinum success with her very first CD — and it paralyzed her when it came to writing her sophomore album.

Caillat had one of the more popular hits of 2007 with the dreamy song "Bubbly," off her debut album, "Coco." The ubiquitous song had her so in demand she went from opening for acts like John Mayer to headlining shows and writing with sensations like Taylor Swift.

Life got so hectic for the 24-year-old that she experienced writer's block. So she went away with "American Idol" judge and songwriter Kara DioGuardi to brainstorm for new material, and ended up talking about relationships and heartbreak — just the kind of inspiration Caillat needed for her new CD, "The Breakthrough," which is out this week.

So, when I say "Breakthrough," what comes to mind?

I have been struggling for years with stage fright, and finally I woke up a couple of months ago and I knew I had a lot of preparation for this new album coming out. I was going to be going on tour again and I had to find ways for me to love it, and break through my fears and my insecurities and be comfortable with myself as a young woman.

You were young when you had your initial success. Was that hard?

Well, what was so hard was my first record, I didn't have any preparation for it. I put my songs up on MySpace, and all of a sudden got a record deal from that, and went on tour with the Goo Goo Dolls. ... So I felt as though I got thrown into this business and it took me two years to figure it out and learn to love it, and now I do.

expressnightout

➜ Read a review of Colbie Caillat's new album, "Breakthrough," and watch the video for her single, "Falling for You."

WWW.EXPRESSNIGHTOUT.COM

With more success comes more expectations. Do you feel pressure from those around you to create or do you block that out?

I felt pressure from the beginning when I had to write for this record because after I had been on tour for a year and a half ... I was writing these sad songs about missing home and I was just worried that I was going to have this depressing album. ... Once I decided to let go of that I went to Hawaii in January with my friend Jason Reeves and Kara DioGuardi. We had this house on the beach and just were writing songs and talking about experiences and love and breakups that we all go through, and how we can write about it and how we can have people relate to it.

NATALIE ROTMAN (AP)

CHRIS PIZZELLO/AP

Oprah Winfrey, our national librarian.

Kept in Literary Suspense

Oprah prepares to unveil her latest book club selection

READ | Check your Twitter: Oprah Winfrey has some news.

The talk show host tweeted Monday that her first new book club pick in a year will be announced Friday, Sept. 18. In her announcement, Winfrey stated she had "never made a selection like 'this.'"

The week of Sept. 14 could be a record-breaker for the publishing industry. It starts that Monday with the release of Sen. Ted Kennedy's "True Compass," followed the next day by Dan Brown's "The Lost Symbol" and capped by Winfrey's choice, which almost surely will sell hundreds of thousands of copies.

Winfrey's most recent pick was David Wroblewski's "The Story of Edgar Sawtelle." It was a word-of-mouth hit last summer and became a blockbuster in the fall after Winfrey endorsed it. (AP)

INTERVIEWS **A Sister's Pain** ABC says LaToya Jackson will give her first one-on-one interview since brother Michael Jackson's death when she sits down with Barbara Walters next month. She will discuss her relationship with Michael and account for her belief that he was murdered, ABC says. The interview is scheduled to air on "20/20" on Sept. 11. Jackson has told ABC News that she looks forward to the day justice is served "to all the parties involved in my brother's homicide." (AP)

lookout expressnightout.com

top stops

Compiled by Express' Fiona Zublin and Nicole Ocran. Read more of their picks every day at **Expressnightout.com/topstops.**

1 Summer Is Really, Truly Over

Today is the final meeting of the Lululemon-sponsored free yoga class in Dupont Circle. If you've been meaning to get out there all summer and just keep forgetting, this is your LAST CHANCE. Wow, that came out both more forceful and more depressing than we meant it to. Anyway bring your yoga mat and maybe a bottle of water, and meet your fellow relaxation seekers at the Dupont fountain. F.Z.

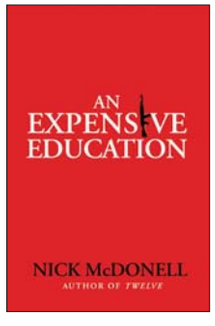
➜ *Dupont Circle, Connecticut Ave. and Q St. NW; 6:30 p.m.-7:30 p.m., free; Lululemon.com. (Dupont Circle)*

LAUREN DUKOFF

2 Starship Landing

If you're down for some over-stimulated, auto-tuned pop punk, then have we got the show for you. We're sure you've heard of dance-punk band Cobra Starship by now, even if you didn't want to. Their first single off their latest album, "Hot Mess," titled "Good Girls Go Bad" featured — need we even continue? — "Gossip Girl's" Leighton Meester. They'll be playing on H Street NE tonight. N.O.

➜ *Rock and Roll Hotel, 1353 H St. NE; 6 p.m., $20; 202-388-7625, Rockandrollhoteldc.com.*



3 Prodigy No More

Nick McDonell first hit literary heights when he was too young to buy cigarettes. Now he's 25 and on his third novel, "An Expensive Education," which is about a spy in the halls of Harvard, his alma mater. Anyway, it's nice to see that this young talent is more than just "Hey, a 17-year-old wrote a book? That's amazing!" He'll be talking at Politics and Prose tomorrow. F.Z.

➜ *Politics & Prose, 5015 Connecticut Ave. NW; Thu., 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)*

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Look for site highlights in today's Express.

XXI72 5x5

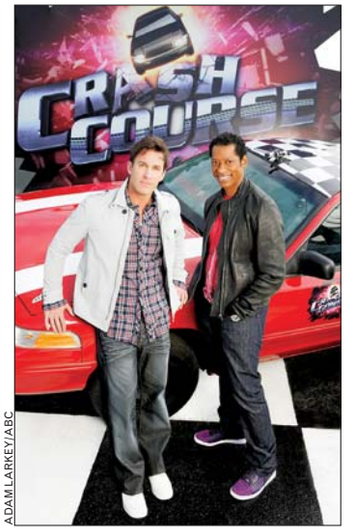
Dude, It's a Car Show

Dan Cortese mans up on the vapid auto series 'Crash Course'

CHOO CHOO | Tonight, ABC offers "Crash Course" (9 p.m., ABC), an empty-headed automotive take on "Wipeout" (8 p.m., ABC). Teams of two (married couples, best friends and siblings) compete on a silly, often slow-motion, demolition-derby-style obstacle course, bending fenders, bumpers and egos along the way. Hosts Orlando Jones and Dan Cortese preside over the "crazy" action with snarky chatter.

It's easy to get the impression that Cortese has been playing the same "dude" role since the Lambada was popular. In fact, his trademark dudedom is much older. He was the host of "MTV Sports" from 1992 to 1997, popularizing a kind of extreme-sports stereotype that endures to this day. He appeared in popular Burger King ads; had a memorable guest role on "Seinfeld" as a boyfriend of Elaine's; and had a regular role on "Veronica's Closet."

Being stuck in the man-dude role has not been entirely healthy for Cortese's career. Before scoring this "Crash Course" gig, he hosted the NBC game show "My Dad Is Better Than Your Dad," which ran in 2008. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



ADAM LARKEY/ABC

Hosts Dan Cortese and Orlando Jones.

tonight's lineup

CULTURAL FUSION
"Great Performances" (8 p.m., PBS) presents **HARLEM IN MONTMARTRE: A PARIS JAZZ STORY**.

MARINES AND MURDER
Tom Cruise, Kevin Bacon and Demi Moore find themselves upstaged by Jack Nicholson in director Rob Reiner's adaptation of the stage play **A FEW GOOD MEN** (8 p.m., FX), written by Aaron Sorkin.

PERFORMANCE OVERLOAD
Two helpings of **AMERICA'S GOT TALENT** (a rerun at 8 p.m. and a new episode at 9 p.m., NBC).

HOW DO YOU LIKE IT?
Nate's crew gives art thieves a taste of their own medicine on **LEVERAGE** (9 p.m., TNT).

LEAST FAVORITE THINGS
I WAS BITTEN (9 p.m., Animal Planet) allows victims to recall how they felt when the dog bites, when the bee stings and when they're feeling sad. There will be no talk of whiskers on kittens, however. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

COLUMBIA PICTURES

Make it a movie night and watch a young Tom Cruise in "A Few Good Men."

lookout travel

'Green Gables' Next Chapter

Book lovers will be enchanted by quaint Prince Edward Island

CAVENDISH, PRINCE EDWARD ISLAND | As the surf laps at your feet and sand dunes stretch for as far as the eye can see under a sky filled with billowing clouds, it becomes clear that your search for the enchanting island the irrepressible Anne Shirley falls in love with is complete.

The beloved heroine of Lucy Maud Montgomery's 1908 book "Anne of Green Gables" is instantly taken with her new home of Prince Edward Island after she's adopted by brother and sister Matthew and Marilla Cuthbert. Visitors to the island today will likely follow suit.

The charming island offers everything from miles of undulating green farmland to stretches of stunning coastlines to quaint towns. And yes, there are also plenty of places to find traces of the fictional Anne and her creator.

JAMIE STENGLE/AP

Visitors to Prince Edward Island can can tour Lucy Maud Montgomery's home.

Montgomery grew up on the island and gave the same home to her fictional heroine Anne. That's Anne with an "e" as she would point out, a much more desirable spelling than plain A-n-n.

For those in search of Anne, the small town of Cavendish, where Montgomery grew up, is a must. There's the cemetery where a path leads to the grave of Montgomery, who died at the age of 67 in 1942, a post office where Montgomery worked for a time that's filled with displays, and even the opportunity to tour "Green Gables."

The white farmhouse with the obligatory green gables was the home of a brother and sister who were cousins of Montgomery's grandfather. They are believed to have inspired the characters Matthew and Marilla. Not far away is the site where Montgomery grew up with her grandparents. All that's left of that home, though, is the foundation and a basement.

Even if you're not a devotee of the "Green Gables" books, Prince Edward Island, which has deservedly earned the moniker "The Gentle Island," is a nice place to slow down. Strolling along the beach, exploring scenic woods or wandering through shops, visitors will soon find themselves in tune with the calm rhythms of this island.

JAMIE STENGLE (AP)

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Ocean View $Fr.549* pp, Balcony $Fr.599* pp	Ocean View $Fr.749* pp, Balcony $Fr.1149* pp	Ocean View $Fr.649* pp, Balcony $Fr.1199* pp	Ocean View $Fr.969* pp, Balcony $Fr.1129* pp

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*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select sailings. Ships' Registry: The Bahamas and Panama. CST #2015595-50

N.Y. Hosts Buffalo Wing Festival

BUFFALO, N.Y. | If you're looking for the place where buffalo wings started, you'll naturally want to head to Buffalo, N.Y.

And if you want to join thousands of other wing fans in celebration of the deep-fried, saucy favorite, plan your trip for Labor Day weekend, when the city hosts the National Buffalo Wing Festival, this year on Sept. 5-6.

Last year's wing fest drew more than 78,000 people for events that include professional eating contests and sauce competitions. Wings are offered in an endless variety of flavors with sauces ranging from mild to suicidal, and there's even an event in which contestants bob for wings in a pool of blue cheese.

Bottles of Frank's RedHot, billed as the "Official Wing Sauce of the National Buffalo Wing Festival," will be given away from a booth at the festival. (AP)

RealDeals

FROM BUDGET TRAVEL MAGAZINE

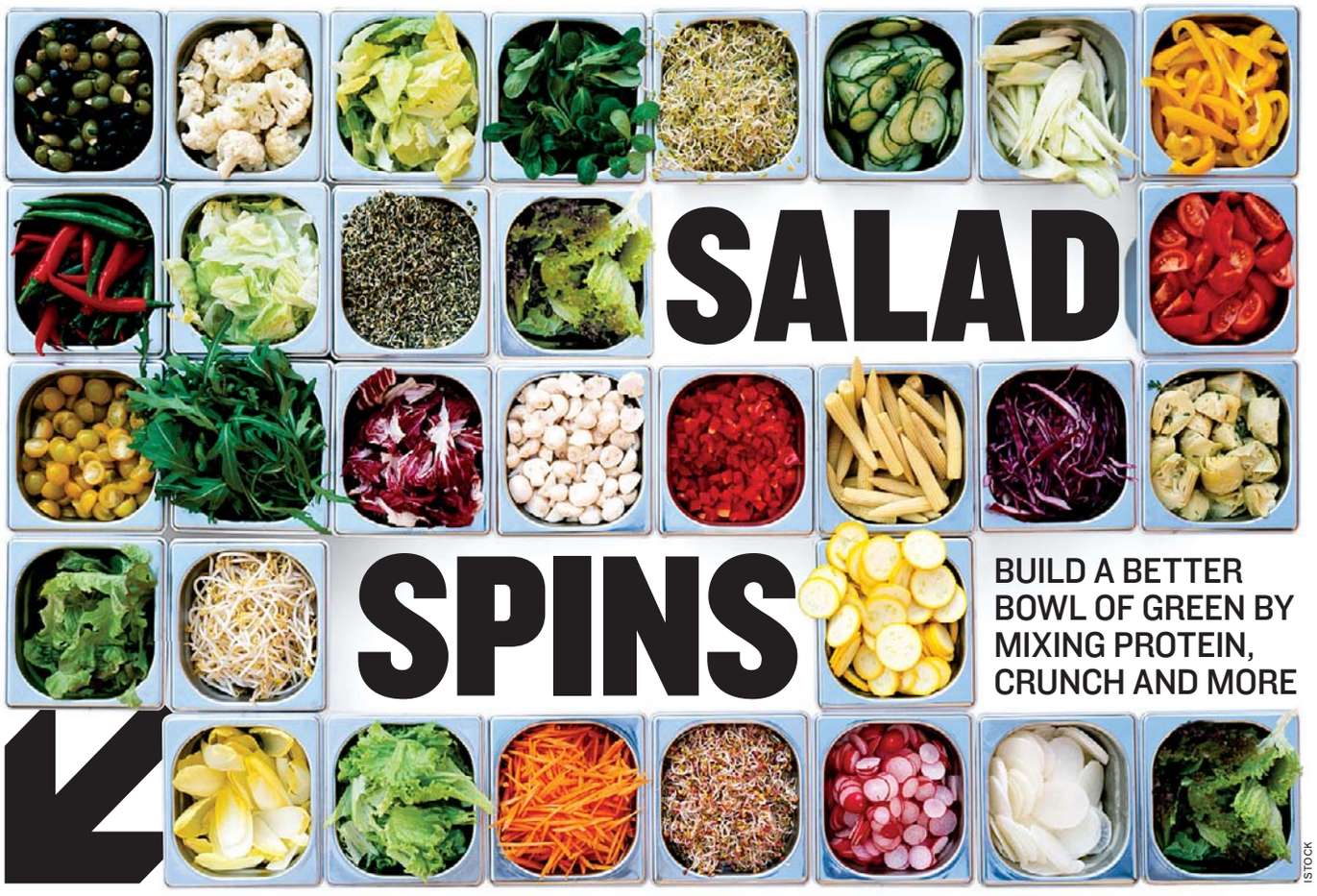
NICARAGUA AIR/7 NIGHTS

$769 This deal includes round-trip airfare between D.C. and Managua, Nicaragua, on an American Airlines carrier; two nights at Hotel Colonial in Granada; five nights at the all-inclusive Barceló Montelimar Beach Resort and Casino; and transfers from the Managua airport to your Granada hotel, from Granada to Playa Montelimar, and from Playa Montelimar to the airport in Managua, from $769 per person — plus taxes and fees of $209. **WHEN:** Sept. 1–Nov. 15, 2009. **DETAILS:** No meals are included in Granada. Hotel taxes are $84 per person. Airport taxes and fuel surcharges are $125 per person. Based on double occupancy; single supplement is $270. **CONTACT:** Capricorn Leisure Corp., 800-426-6544, Capricornleisure.com.

CALIF. RESORT & CRUISE

$176 Spend one night at Zephyr Cove Resort in South Lake Tahoe, Calif. The deal also includes breakfast, and an Emerald Bay cruise aboard the Dixie II. **WHEN:** Sept. 22–Nov. 26; Nov. 29–Dec. 21, 2009. **DETAILS:** The price is per room. Mention BUDTRV. **CONTACT:** Zephyr Cove Resort, 888-896-3830, Zephyrcove.com/budgettravel. BUDGET TRAVEL MAGAZINE

FIND MORE DEALS & TRIP-PLANNING TIPS AT **BUDGETTRAVELONLINE.COM.**



SALAD SPINS

BUILD A BETTER BOWL OF GREEN BY MIXING PROTEIN, CRUNCH AND MORE

ISTOCK

It's a simple combo of lettuce, accoutrements and dressing. But the salad, pal of dieters and no-cook dinner staple during hot months, can range from fancy-restaurant-complex (hail, Caesar!) to out-of-a-plastic-bag-easy (yo, Fresh Express). The key to transforming a bowl of greens into something inspiring, even party-worthy? Careful composition, with an eye on what's in season.

"Salads should offer many different tastes," says Dave Pressley, manager of Eventide (3165 Wilson Blvd., Arlington; 703-276-3165). Tossing a salad is a bit like doing a math equation — put in a little of this, a little of that until you've got a complex whole. "Sour, sweet, salt and bitter should be on the plate," says Pressley. His restaurant's crab salad does this by blending lime dressing, pickled watermelon, sweet melons, salt and bitter micro-greens.

Sweetgreen, the local cafe chain, solves the salad puzzle with a formula that's worth copying at home. Choose some greens (baby spinach, romaine, etc.), add three or so veggies (beets, chickpeas, hearts of palm), a bit of crunch (toasted nuts, crispy wonton strips) and maybe a protein before drizzling with dressing. The result? A dish that's tasty, but not overwhelmed by any one element.

You also should "aim for salads that are a balance of textures," says Sweetgreen co-owner Nicolas Jammet. "Don't do goat cheese, tofu and avocado unless you have something to offset the mushiness."

Protein turns a dish of greens from appetizer to meal. Cathal Armstrong, chef-owner of Restaurant Eve (110 S. Pitt St., Alexandria; 703-706-0450), recommends beginning with a one main item (duck confit, roasted fish) and building around it. "Look at what's in season. Right now, you have tomatoes, beans and mushrooms, which would balance fish."

In lieu of stale croutons, get snap from raw veggies. Fruit can be another unexpected addition. Robert Weland, chef at Poste restaurant (555 8th St. NW; 202-783-6060), uses figs to sweeten peppery arugula; dried berries or grilled stone fruits also bring zest.

> **"Aim for salads that are a balance of textures. Don't do goat cheese, tofu and avocado."**

Jammet says looks matter, too. "Eat with your eyes. You can get vitamins and color with shredded carrots, beets or green peas."

For greens, don't play it too safe. "There are lemony greens like Asian mizuna and spicy, peppery greens like Osaka mustard greens," says Armstrong. The farmers market or an Asian grocery like Super H Mart (10780 Lee Hwy., Fairfax; 703-273-0570) should be rich in unusual varieties.

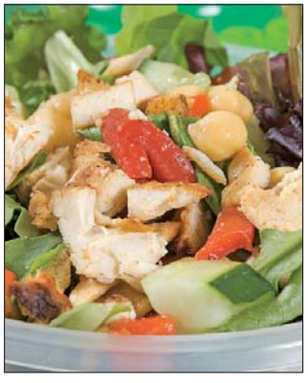
Garden herbs can also zip up a simple salad. "Mint and basil are good," says Weland. He'll brighten arugula salad with mint or flavor a pepper salad with basil.

Once you've got your ingredients chopped, they'll need a dressing to unite them. Most chefs recommend keeping it simple. (See you later, Ranch; we'll take basic vinaigrette.)

Armstrong prefers two parts oil to one part vinegar seasoned with salt and pepper: "I like a dressing that isn't too oily. With this ratio, you can use less dressing with a sharper result." Protein-heavy salads pair with lighter dressings; creamy flavors stand up to crunchy lettuces.

No matter how you toss it, the salad bar has been raised. As Armstrong says, "When you say 'salad,' people automatically think 'lettuce,' but they're so much more than that." ERIN HARTIGAN

recipe file



FREDDE LIEBERMAN

Chic P Salad

Mediterranean flavors meet California cool in Sweetgreen's main-course salad.

LETTUCE:
- ½ lb. baby spinach
- ½ lb. mesclun

VEGGIES:
- 1 cup chickpeas
- 1 cup roasted yellow and red peppers, chopped
- 1 cup cucumber, peeled and chopped

CRUNCH:
- ½ cup of garlic pita chips

MEAT:
- 2 boneless skinless chicken breasts, roasted or grilled with extra virgin olive oil, salt and pepper.
- Once cooked, chop chicken into ½-inch pieces.

DRESSING:
- Any simple vinaigrette, like a simple one using a ¼ a cup of lemon juice, 2 tablespoons of olive oil and a bit of minced garlic.

SERVES 4-6

COMBINE ALL INGREDIENTS in a salad bowl with salt and pepper. Toss dressing in right before serving and lightly mix.

TIP: Chop up some flat-leaf parsley and sprinkle it on top of the salad to add a nice herbal undertone to the dish.

lookout online

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Poll Center

ARE YOU WORRIED ABOUT CATCHING THE SWINE FLU THIS FALL OR WINTER?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO 67%

YES 33%

"If I am going to catch it, I will catch it. I ride the Metro and herds of people are never sanitary. I will try to get my flu shots this year to reduce my chances."

AN ANONYMOUS COMMENTER

"Not at all. Amid the push for health care reform, the White House's dire prediction of 90,000 deaths gives me reason to believe everything will be just fine."

COMMETNER SKVOZNYAK

"Considering I have never had the flu and refuse to get a flu shot, I am not worried about it. If God decides it is my time to go, then who am I to argue with Him?"

COMMETNER COMMON KEVIN

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Blog LOG

"THIS IS CLEARLY the direction the movement is headed: Where you don't have to scream, 'This is a green building' and it can just be a building that is green."

DCMETROCENTRIC.COM IS A FAN OF A FOGGY BOTTOM ROWHOUSE RENOVATION THAT LEFT THE HOME'S STRUCTURE INTACT WHILE MAKING IT EARTH-FRIENDLY.

STAN HONDA/AFP/GETTY IMAGES

"WE HAD SOMETHING of a resurgence in 2006-07, shooting up to 46th place thanks to our Final Four run. But the next year we fell back to down the 52nd, and now this year we've reached an all-time low of 57th."

BLOG.GEORGETOWNVOICE.COM LAMENTS THE SCHOOL'S RANKING ON THE COLLEGIATE LICENSING COMPANY'S MERCHANDISE ROYALTY LIST.

"I grew into the right height, but fell short in the dancing. I had no rhythm. No coordination. I would have taken down the entire line."

BLOG.CANDYSANDWICH.NET REMINISCES ABOUT HER CHILDHOOD DREAMS OF BECOMING A ROCKETTE, AFTER SHE SAW THE NEW YORK DANCERS PROMOTING THEIR "CHRISTMAS IN AUGUST" EVENT TUESDAY.

"If they have a problem with 'Fenty Field,' wait until they hear my plans for Fenty Creek Park and Fentylvania Avenue."

@FENTYDC, A SATIRICAL TWITTER FEED FOCUSED ON ADRIAN FENTY, POKES FUN AT THE D.C. REPUBLICAN PARTY, WHICH IS CALLING ON THE D.C. MAYOR TO REMOVE HIS NAME FROM THE NEW TURF SOCCER FIELD AT HARRIET TUBMAN ELEMENTARY IN COLUMBIA HEIGHTS.

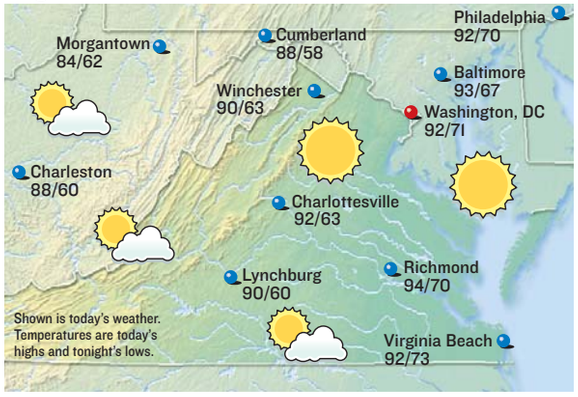
"I AM SO AFRAID of what the doctor is going to tell me about my dog's health that my brain is telling me not to go. This is how I have always dealt with bad things in my life. Ignore them."

LIVINMILIFE.BLOGSPOT.COM IS TRYING TO TURN THINGS AROUND AND TEACH HIMSELF A SIMPLE LESSON: "DEAL WITH REALITY!"

5 Day Forecast for the Washington Area

Today	Tonight	Thursday	Friday	Saturday	Sunday
Sunny and hot	Partly cloudy	A thunderstorm	Mostly cloudy	A thunderstorm	A thunderstorm
92°	71°	86° / 66°	80° / 68°	84° / 68°	87° / 69°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Tues.

Temperature

High	86°
Low	68°
Normal high	85°
Normal low	67°
Average humidity	53%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.31"
Normal month to date	2.75"
Year to date	26.51"
Last year to date	32.88"
Normal year to date	25.57"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

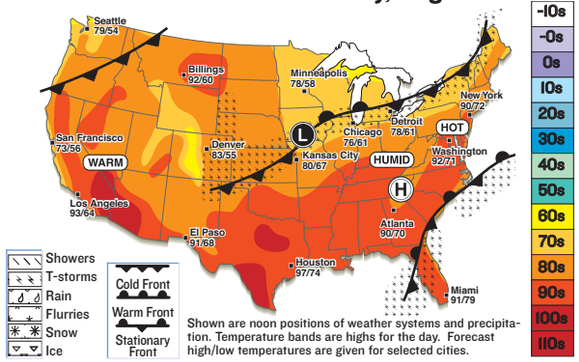
D.C. Metro: Today, sunny, hot. High 92. Wind west-southwest 6-12 mph. Tonight, partly cloudy. Low 71. Wind north-northwest 6-12 mph.

Sun and Moon

Sunrise today	6:32 a.m.
Sunset tonight	7:48 p.m.
Moonrise today	1:36 p.m.
Moonset today	11:06 p.m.

First	Full	Last	New
Aug 27	Sept 4	Sept 11	Sept 18

National Weather for Wednesday, August 26



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Thur. Hi/Lo/W
Atlanta	90/70/s	88/70/t
Boston	89/65/s	73/56/s
Chicago	76/61/t	72/58/t
Dallas	99/76/s	92/72/t
Denver	83/55/t	86/55/s
Honolulu	89/76/s	89/76/s
Los Angeles	93/64/s	95/64/s
Miami	91/79/t	91/79/t
New York City	90/72/s	80/66/s
Orlando	91/75/t	92/76/t
Seattle	79/54/pc	86/58/pc

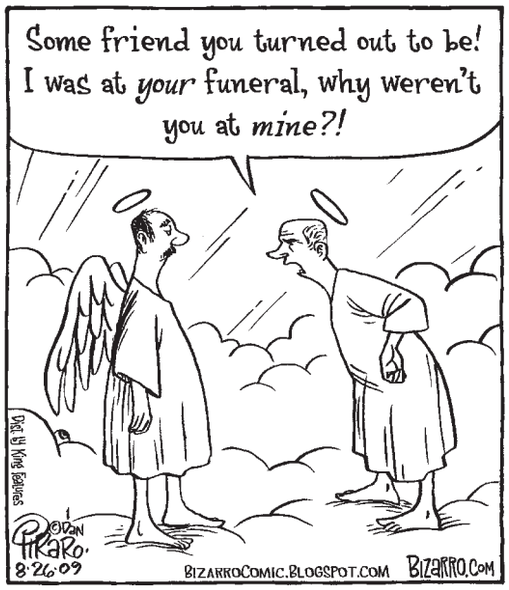
World Cities

City	Today Hi/Lo/W	Thur. Hi/Lo/W
Amsterdam	70/59/c	72/61/r
Athens	88/72/s	88/70/s
Berlin	75/59/sh	80/61/pc
Buenos Aires	77/59/pc	79/59/s
Calgary	70/46/s	66/46/s
Dublin	66/52/sh	63/50/r
Geneva	75/58/t	81/60/s
Moscow	68/52/pc	70/54/pc
Rome	88/72/s	86/70/s
Sydney	72/41/s	79/41/s
Tokyo	82/72/pc	84/73/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

comics lookout

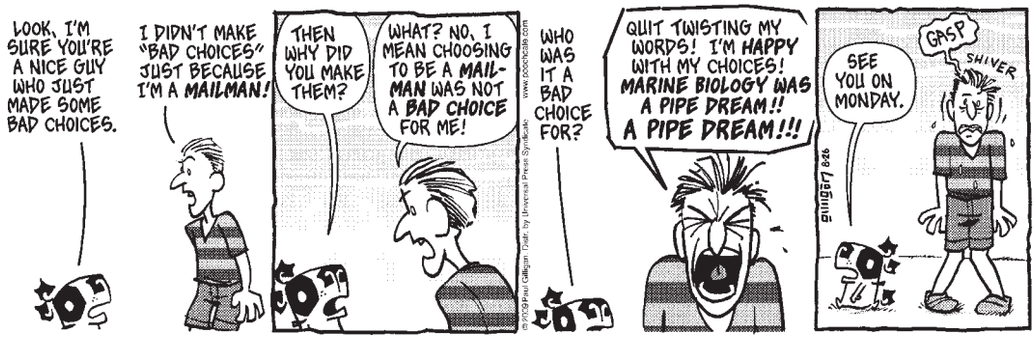
Bizarro | *Dan Piraro*



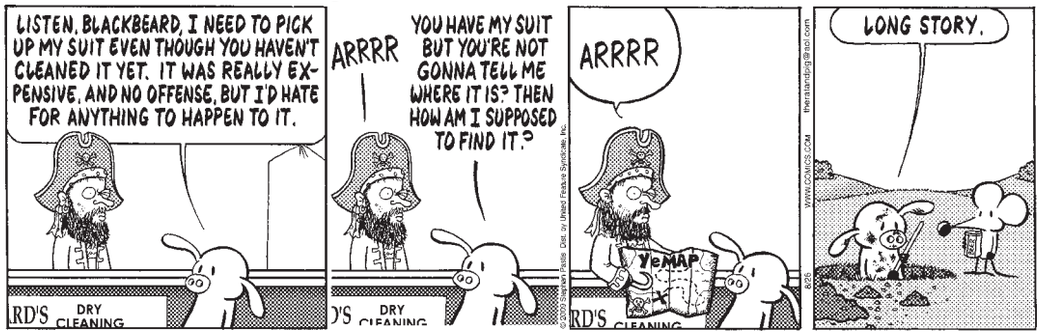
Cornered | *Mike Baldwin*

"It's right here in the brochure: 'Be sure to tip your fishing guide.'"

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) It's likely to be tradition versus novelty before the day is out — and it is anyone's guess which side you'll be on.

LIBRA (Sept. 23-Oct. 22) You may find yourself facing one or two fears before you really get started. Steady yourself, and forge ahead bravely.

SCORPIO (Oct. 23-Nov. 21) You've been after a certain something for quite some time, and you may discover that it's only just out of reach.

SAGITTARIUS (Nov. 22-Dec. 21) To some, patience is a virtue, but to you, with so much on the line, you feel that patience is just a recipe for failure.

CAPRICORN (Dec. 22-Jan. 19) You're going to want to practice, practice, practice before you finally take someone up on his or her offer of a head-to-head contest.

AQUARIUS (Jan. 20-Feb. 18) Someone you know quite well is likely to get you into a sticky situation, but your experience and daring will see you through.

PISCES (Feb. 19-March 20) Something that seems daunting as the day begins is going to prove a most valuable challenge. What you learn could fill volumes.

ARIES (March 21-April 19) You can gain some valuable experience simply by looking at things through someone else's eyes. A new perspective will work wonders.

TAURUS (April 20-May 20) Are you ready to make the kind of commitment someone else is asking you to make? It may not be a life decision, but it's a big one.

GEMINI (May 21-June 20) Others are not likely to understand just how much your schedule, and your daily life, will be affected by saying yes to one more job.

CANCER (June 21-July 22) You'll see things from an unusual perspective, and as a result the things you do can — and will — raise eyebrows.

LEO (July 23-Aug. 22) The more you understand yourself, the more you can understand others. Take care that you're not taking the easy road at this time.

Today in History

55 B.C. Roman forces under Julius Caesar invade Britain, but achieve limited success.

1920 The 19th Amendment to the U.S. Constitution, guaranteeing American women the right to vote, is certified in effect by Secretary of State Bainbridge Colby.

1958 Alaskans go to the polls to overwhelmingly vote in favor of statehood.

1978 Cardinal Albino Luciani 1 of Venice is elected the 264th Pope of the Roman Catholic Church following the death of Paul VI. The new pontiff took the name Pope John Paul I.

2008 Former First Lady Hillary Rodham Clinton closes the book on her 2008 presidential bid by telling the Democratic National Convention in Denver the election wasn't about her and declaring herself a "proud supporter of Barack Obama."

CHIP SOMODEVILLA/GETTY IMAGES

Hillary Clinton backed Barack Obama at the Democratic convention last year.

Correction:
Express inadvertently reprinted Monday's comics in Tuesday's editions. We regret the error.

PostPoints DAILY CODE Q K

lookout people

THOS ROBINSON/GETTY IMAGES

Jon is skilled in the art of standing near professionals working on his house.

WHINING

Man Uniquely Unprepared For Normal Employment

JON GOSSELIN says his life is a "nightmare." "I wish I had a 9 to 5 job instead of the nightmare I'm living. This is 24/7," he tells Usmagazine.com. "I don't even want to do taping for the show anymore," he added. (AP)

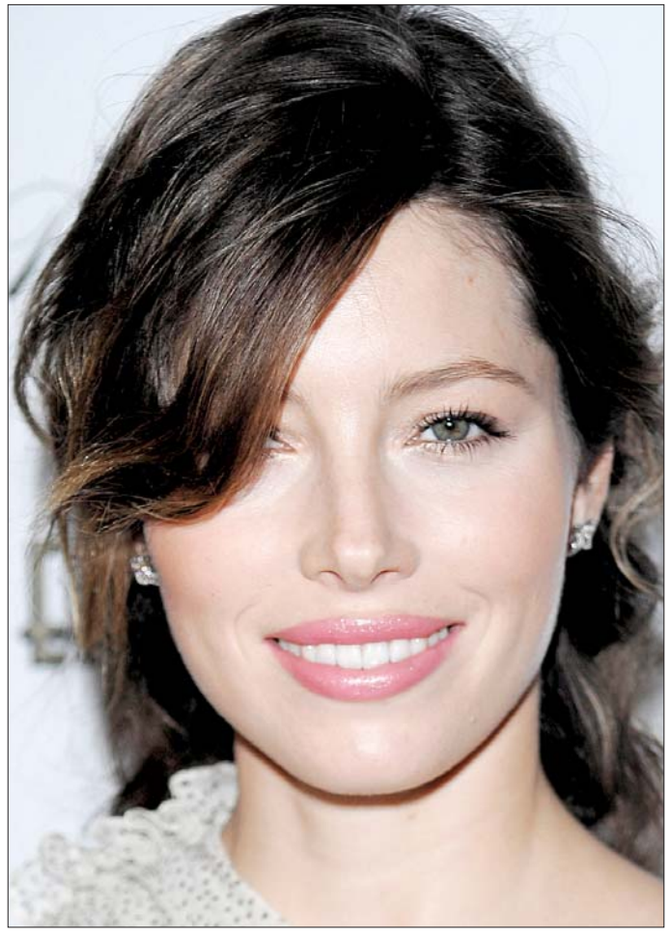
SOLUTIONS

Character Meets Tragic, Off-Screen End

ANTWON TANNER, who pleaded guilty to a Social Security number scheme, will appear in at least the first several new episodes of "One Tree Hill." A CW network spokesman says it's unclear what will happen later in the season following Tanner's guilty plea. (AP)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



EVAN AGOSTINI/AP

THREATS

Immediately Google This

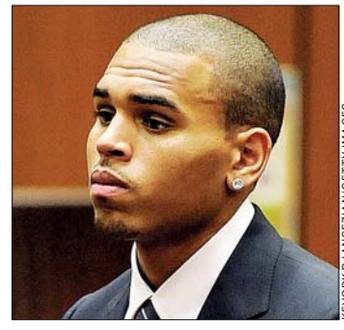
JESSICA BIEL is the most dangerous celebrity on the Web. Software company McAfee Inc. reported that searches for the actress are more likely to lead to online threats such as spyware and viruses than searches for any other celebrity. McAfee said fans searching for Biel have a one-in-five chance of ending up at a Web site designed to damage one's computer. (AP)

WINNER

If Only They Gave Oscars For 'Weirdest Excuse'

Of course, she also planned on still having a career.

MELANIE GRIFFITH has returned to a rehab facility to "reinforce her commitment to stay healthy." Spokeswoman Robin Baum says Griffith, 52, checked in as "part of a routine plan." Griffith went to rehab in 1988 to fight addictions to alcohol and cocaine. She went again in 2000 for treatment for an addiction to painkillers. Baum says this latest visit was part of a plan developed years ago between Griffith and her doctors. The actress has a 12-year-old daughter with husband Antonio Banderas. She also has a 24-year-old son and a 19-year-old daughter from previous relationships. (AP)



KEVORK DJANSEZIAN/GETTY IMAGES

The chief of police in Richmond, Va., will supervise Brown's labor directly.

IN COURT

Brown Sentenced To Probation, Labor

A judge says **CHRIS BROWN** must serve five years of probation and perform six months of community labor for beating Rihanna. The 20-year-old appeared in court Tuesday afternoon to be formally sentenced for the February attack on his then-girlfriend. Brown's sentence will be served in his home state of Virginia. (AP)

PUNCTUATION

Apostrophe Usage Society Crosses Name Off List of Potential Spokesmodels

PAULA ABDUL has landed a gig, according to the former "American Idol" judge's Twitter feed: "Hi guys! im really excited 2 announce ill b hosting this year's "Vh1 Divas"! The show will be live on Sept 17th @ 9 pm EST." (EXPRESS)

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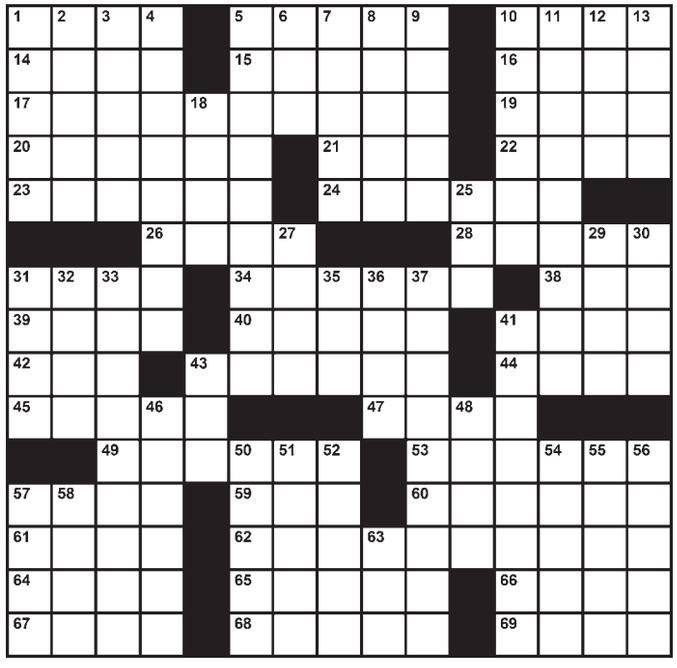
puzzles lookout

CROSSWORD | KISS AND MAKE UP

EDITED BY TIMOTHY E. PARKER



ACROSS
1 Grated citrus rind
5 Cattle breed or English county
10 Iridescent gemstone
14 "A-Tisket, A-Tasket" singer
15 Drop syllables
16 Bench attire
17 White zinfandel and others
19 Singer Stefani
20 Blockbuster transaction
21 Bedroll alternative
22 Computes columns
23 Attack of painful spasms
24 Out of one's gourd
26 Spot in the distance
28 Grades, by another name
31 Chuck or lob
34 Hat made of jipijapa
38 Baby fox
39 Thailand currency
40 Crumble into the sea, as shoreline
41 Sandwich shop
42 Abbr. akin to "alias"
43 Heavy, as a favorite
44 "The Firebird" composer Stravinsky
45 Actress Winona
47 Carpenters' dust creators
49 Circles the earth
53 Angel or star, to a Christmas tree
57 Bryn ___ College
59 ___ Lanka
60 Reach one's destination
61 "Dark Angel" star Jessica
62 Album info
64 "... are ___ parted"
65 At right angles to a ship's length
66 NEWS source?
67 Words in print
68 Cries weakly
69 Sunrise location, in Spain

DOWN
1 Striped quadruped
2 Comic DeGeneres
3 Catapulted
4 Most delectable
5 Having loose skin under the throat, as a lizard
6 Wallach of "The Misfits"
7 Leonardo da ___
8 Old-fashioned theater
9 Wren residences
10 Princess Leia's last name
11 Potentially explosive situation
12 In the sack
13 Photog's accessory
18 Brinker of the silver skates
25 Org. that publishes health studies
27 Where to throw a ball around
29 1,000 grams
30 Advice from Emeril, perhaps
31 Aspen apparatus
32 Wine descriptor
33 Practice punching
35 Answers to some proposals
36 Big commotions
37 Medieval soldiers
41 Invalidate
43 Crystal ball, e.g.
46 Off the mark, as a throw
48 Bald, as tires
50 Name for God in Islam
51 "Survivor" team
52 Muscular strength
54 Sandwich pockets
55 Woodstock or the Super Bowl, e.g.
56 Call again, in poker
57 Crow's-nest locale
58 Skin-cream additive, often
63 "Ether" attachment

Yesterday's Solution

SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

					7	2		
	8	4			2			3
	2	3		6			9	
	6				3			7
4			7				2	
	4			1		8	6	
6			5			9	1	
		5	2					

Yesterday's Solution

9	4	2	5	7	8	1	3	6
8	7	6	4	3	1	9	2	5
5	1	3	2	6	9	8	7	4
1	3	5	7	8	2	6	4	9
7	8	9	6	1	4	2	5	3
2	6	4	3	9	5	7	8	1
4	5	7	1	2	6	3	9	8
6	2	8	9	4	3	5	1	7
3	9	1	8	5	7	4	6	2

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

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